

# Recipe

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## Chicken Tinga Bowls with Corn-Potato Salad

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Here are 5 different ways to view the execution of this recipe. Choose the one that fits your cooking style best.

### Format 1: The “Mise-en-place” & Execution Flow

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*Best for:* Ensuring you have everything ready before you start the heat.

#### Mise-en-place:

- **The Protein:** 1 lb Marinated Chicken Strips (thawed).
- **The Sauce:** 1 Jar Salsa (or homemade Tomato-Chipotle blend), 1/2 Onion (sliced).
- **The Salad Base:** 2 Boiled Russet Potatoes (cubed/cold), 1 cup Corn, 2 tbsp Mayo.
- **Salad Flavor:** 1 tbsp Lime Juice, Chili Powder, Cilantro.
- **The Bowl:** Shredded Cabbage, Radishes, Lime wedges.

#### Execution:

1. **Sear:** Pan-fry chicken strips on high heat (cooked through).
  2. **Simmer:** Lower heat, add onions (soften), then pour in salsa. Simmer 5-10m.
  3. **Mix Salad:** In a bowl, toss cold potatoes, corn, mayo, lime, chili powder, cilantro, salt.
  4. **Assemble:** Big bed of cabbage -> Hot Tinga Chicken -> Scoop of Cold Potato Salad.
  5. **Garnish:** Radishes on top.
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### Format 2: The “Flavor Layers” (Step-by-Step Build)

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*Best for:* Understanding the sequential build-up of flavors.

1. **CHAR Layer:** Searing the chicken first gives texture before it gets bathed in sauce.

2. **SMOKE & HEAT Layer:** The Chipotle/Salsa creates the warm, spicy profile that permeates the meat.
  3. **COOL CREAM Layer:** The potato salad (with mayo/corn) provides a starchy, cooling textural contrast to the spicy meat.
  4. **CRUNCH Layer:** The raw cabbage and radishes act as the fresh palate cleanser against the soft chicken and soft potato.
  5. **ACID Layer:** A final squeeze of lime brightens the heavy sauce.
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### Format 3: The “Chef’s Shorthand” (Tactical)

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*Best for:* Quick glances while cooking.

- **Cook** chicken strips.
  - **Add** onions & sauce. **Simmer** 10m.
  - **Mix** potato/corn salad (cold).
  - **Shred** cabbage.
  - **Build:** Cabbage Base -> Tinga -> Potato Side.
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### Format 4: The “Timeline” (Parallel Processor)

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*Best for:* Optimization and multi-tasking.

Time	Action	Notes
Prep	Boil	Ensure potatoes are cooked & cooled ahead.
T-20	Sear	Chicken in pan. High heat.
T-15	Sauce	Add onions/salsa. Low heat.
T-10	Salad	Mix potato/corn/mayo in bowl.
T-05	Veg	Shred cabbage, slice radish.
T-00	Eat	Assemble bowls.

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## Format 5: The “Sensory Script” (Audio-Visual)

*Best for: Cooking by feel and intuition.*

- **SOUND:** Loud searing initially, quieting down to a gentle “bloop bloop” simmer when sauce is added.

- **SMELL:** Smoky chipotle and warm corn tortillas (even without the tortillas, the smell is there!).
- **TOUCH:** Contrast is key here—Hot saucy chicken vs. Cold creamy potato vs. Crisp raw cabbage.
- **LOOK:** Deep red chicken, bright yellow/white salad, pale green cabbage base. Colorful!